

Family Advocacy

Building Stronger Relationships

Playgroup:

A much needed social and fun environment for parents, childcare providers, and children. No registration is required. Join us at the Child Development Center, Building 1776.

Childbirth Education:

A six week course designed to help parents prepare for childbirth and parenting. Relaxation and other coping techniques will be presented, along with the basic anatomy and physiology of the birth process, pain relief, and hospital procedures. Registration is required. Classes are located at the Community Support Center, Building 1520. To register, call 301-619-3404.

Anger Management:

Learn how to control your anger before it controls you! Anger extracts a toxic cost. It sabotages careers, alienates family and friends, and may be so physically damaging that it can shorten your life. You'll get a deeper understanding how anger affects all areas of your life both physically and emotionally. Learn tools to manage your anger appropriately and effectively. Classes located at the Community Support Center, Building 1520. To register, call 301-619-7171.



All programs are open to military and civilian employees. Participants who attend any of the classes can receive up to a 10 percent discount on their monthly childcare fees at the Child Development Center and School Age/Youth Services. Active duty military personnel may be eligible to receive credit toward promotion points for class participation. Participation is required for all classes unless otherwise specified.



July	MON	TUE	WED	THU	FRI
	3	4	5 Playgroup 1000-1100	6	7 Playgroup 1000-1100
	10 Anger Management 1145-1245	11 Anger Management 1145-1245	12	13	14 Playgroup 1000-1100
	17 Anger Management 1145-1245	18 Anger Management 1145-1245	19 Playgroup 1000-1100	20	21 Playgroup 1000-1100
	24 Anger Management 1145-1245	25 Anger Management 1145-1245	26 Playgroup 1000-1100	27	28 Playgroup 1000-1100
	31				

August	MON	TUE	WED	THU	FRI
		1	2 Playgroup 1000-1100	3	4 Playgroup 1000-1100
	7	8	9 Playgroup 1000-1100	10	11 Playgroup 1000-1100
	14	15	16 Playgroup 1000-1100	17	18 Playgroup 1000-1100
	21 Childbirth Education I 1800-2100	22	23 Playgroup 1000-1100 Childbirth Education II 1800-2100	24	25 Playgroup 1000-1100 Childbirth Education III 1800-2100
	28 Childbirth Education IV 1800-2100	29	30 Playgroup 1000-1100 Childbirth Education V 1800-2100	31	

September	MON	TUE	WED	THU	FRI
					1 Playgroup 1000-1100 Childbirth Education VI 1800-2100
	4 Anger Management 1145-1245	5 Anger Management 1145-1245	6 Playgroup 1000-1100	7 Anger Management 1145-1245	8 Playgroup 1000-1100
	11 Anger Management 1145-1245	12 Anger Management 1145-1245	13	14 Anger Management 1145-1245	15 Playgroup 1000-1100
	18 Anger Management 1145-1245	19 Anger Management 1145-1245	20	21 Anger Management 1145-1245	22
	25	26	27	28	29 Playgroup 1000-1100